



## Fido FroYo

Yield: 12 servings

### Ingredients:

- 32 oz. container plain low fat yogurt
- 2/3 cup ground flaxseed
- 1 very ripe banana, mashed

Line each well in a muffin pan with paper muffin liners. Combine all ingredients into a bowl and stir until well mixed.

Divide the mixture into the molds and fill to just below the top of the liner. You want enough space at the top so you can easily peel it off when you are ready to use it.

Freeze for 3-4 hours. Once it is frozen, pop the treats out of the tin and place into a zip lock bag. Can be stored frozen for up to 6 months.

To serve, remove the paper wrapper and place in a bowl. I keep my dog in the kitchen or his crate when he gets them because he has a habit of carrying it around the house!

The possible mix-ins are endless, you can add pumpkin puree, mashed blueberries, peanut butter, or carob chips.